★ 38th Year of Publication ★ 30 Paise ★

FREE INDIA

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Delights the home!

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Family Health And Population Change

"The world is passing through a period of unprecedented demographic change, with the population growing at a rate of 1 9 per cent, at which rate it will double every thirty-five years," said Dr V.T.H. Gunaratne, *Who* Regional Director for South-East Asia, at D.c a recently.

"This means that every second, four babies are born, every two second two persons die, and every twenty-four hours nearly 212 000 persons are added to the earth's population. At this rate, the population of the world increases by 220 million every three years—the equivalent of the total population of the United States. And this is happening on a planet that already has four billion souls. What has caused this population explosion? The

(Contd. on page 7)

CHANGES IN A NUTSHELL

Besides reiterating Parliament's supremacy, the Constitution Amendment bill

Gives the Directive Principles precedence over the Fundamental Rights,

Enumerates a set of ten Fundamental Duties of citizens,

Provides limit on the jurisdiction of judiciary,

Raises the term of the Lok Sabha and State Assemblies from five to six years,

Authorises deployment of Central armed forces in any State to deal with grave law and order situation,

Explicitly makes the President bound by the advice of the Council of Ministers, and

Envisages establishment of administrative tribunals for service matters of Government employees and other special tribunals for economic offences.

The bill also clearly provides that no constitutional amendment shall be called in question in any court.

The bill makes further changes and lays the framework for the future within which the three wings—Parliament, executive and judiciary—should function.

Words To Remember

Intervening in the debate on the Constitution (Forty-fourth) Amendment Bill the Prime Minister, Shrimati Indira Gandhi said in the Lok Sabha on October 27, 1976 ;

I must confess the di appointment at the attitude of a few opposition parties. They demand full discussion of the amendment but they keep away from Parliament, the supreme forum of such a discussion. This kind of escaping responsibility is difficult to appreciate except, as we have all noticed, that irresponsibility has become a habit with some people. To non-cooperate with Parliament is to non-cooperative with the people.

Indeed, many will recall that even at the Constituent Assembly was in session, so many changes were occurring, for example, the integration of the States, when many clauses were reopened and revised. So, revision and adjustment in changing conditions are part and parcel of our Constitution. Those who want to fix it in a rigid and unalterable frame do not know the spirit of our Constitution and are entirely out of tune with the spirit of new India.

The true supremacy is that of the people. While the Constitution is a very important document, it is but an instrument to serve the people. The Constitution exists for the people. People should certainly respect it, but they cannot be sacrificed for it.

A Constitution must give order and stability, it must ensure that the organs of Government are responsible to the people and subject to their will It prescribes restraints on all, and that is the essence of the rule of law. There can be stability and responsibility and law only if the legislature the executive and the judiciary respond to

the changing needs and aspirations of our people.

This is what the present Bill does: it is responsive to the aspirations of the people, and reflects the realities of the present time and the future.

It is not hastily conceived, it is drawn up with care and deliberation, Many of the changes were. in fact, suggested by the Committee set up by Jawaharlal Nehru in 1954. So, in a sense the discussion has been going on for twenty whole years. This certainly cannot be called rushing or stampeding!

The chapter on duties has been introduced not to smother rights but to establish a democratic balance. Our Constitution was notable for highlighting Directive Principles along with Fundamental Rights. Neither can bear flower and fruit without the performance of duties. The symmetry of one-sided stress on rights will be rectified.

We are accused that clause on anti-national activities is meant to liquidate opposition parties. Had the Congress wanted to, it could have done so in 1947, it could have been done so at any later date. But nowhere has any party been so tolerant of opposition. We have not regarded and we do not now regard anti-congress or even anti-Government activity as anti-national.

The founding fathers of our country had intended Indian society to be secular and socialist, These are not new definitions. They have guided our laws all these years. All we are doing now is to incorporate them in the Constitution itself for they rightly deserve to be mentioned there. The specific mention of this fact in the Preamble will provide the frame of reference to all, to our people, to the Government, to the judiciary and to the world.

The purpose of the Bill is to remedy the anomolies that have been long noticed and to overcome the obstacles put by economic and politicaly vested interests The amendments we have brought in are more in the nature of renovation.

The Constitution of 1949 embodied the spirit of peaceful revolution of Mahatma Gandhi and Jawaharlal Nehru. A peaceful revolution is a continuing revolution. This Bill will not be achieving all our aims, but it will carry the Indian revolution forward, making our people freer and endowing them with greater power over their own destiny. The Constitution to bigger than just judicial scrutiny, and that is the scrutiny of history and its capacity to meet the challenges of historical forces. There is something greater than all of us, and that is the nation and its future and that, a think, is the importance of this Bill.

THUS SPAKE THE MAHATMA

I do not share the belief that there can or will be on earth one religion. I am striving, therefore, to find a common factor and to induce mutual tolerance.

ASOKA SCENTED BETEL NUT POWDER

Free India

SUNDAY Nov. 7, 1976

Elections Not Now

The Historic constitution Amendment Bill has been passed by the Lok Sabha.

All the controversies must come to an end. The nation's efforts must now be concentrated on working the amended constitution successfully.

The question of holding elections comes next.

The Prime Minister has made it absolutely clear that she was not for postponing elections for long, as "otherwise the people might lose interest in the poll."

To put the economy on an even keel, many more "unpopular and hard" decisions would have to be taken, and as the Prime Minister has rightly pointed out, such decisions could not be taken during election time.

The immediate task before the country, as the Union Law Minister Gokhale has told the Lok Sabha, was to consolidate the gains of the emergency. Disruptive forces might appear dormant, but they were in fact continuing their activities in a more dangerous manner, he has said.

We agree with the Law Minister that the time, though ripe for the Congress Party to have elections and return to power, was not ripe for the country to go to polls now in the larger interests of the people.

The Youth leader Sanjay Gandhi is also for postponing elections until the economy is stabilised. "The prices have started rising because of the feeling that elections are round the corner and emergency is being relaxed."

DETACHMENT

Swami Vivekananda once remarked that if a man had never cried with pain, he could not be taken to have grown into adulthood. By implication, pain and suffering are to be regarded as an inevitable concomitant of life; no one can honestly say that he had never had any trouble with himself or his surroundings. Joy and sorrow follow each other like day and night.

It is useless to say that one will have only joy and no sorrow. If you ask for joy, you are also asking for sorrow. This is why Hindu thinkers say the ideal is to go beyond both joy and sorrow. They believe that there is a state in which both have no meaning or an identical meaning. It is not that you are not conscious of joy and sorrow. You may be a highly sensitive person so that even a little joy or sorrow duly registers with you, but you have so trained yourself that you are not affected by them. You know that life has its ups and downs, but you never let them distrub your peace of mind. To you it is all the same whether people praise or criticize you take both as fun. But is such a state desirable? one may ask. Why should I not thank people if they praise me? After all, I am not a piece of stone that I do not feel anything. If I am dead, I do not care what people say or think about me. But so long as I am alive, it is only natural that I will feel and react. A less sensitive person will feel less, and an idiot perhaps will feel nothing. Is idiocy being advocated then?

Certainly not, idiocy is not desirable, but similarly, being at the mercy of people who praise or blame according to their whims is neither desirable. One has to be oneself all the time, That is to say, one should be one's own master and not a slave to extraneous factors. It is recognized that it is not possible to avoid misfortunes in life. However careful one may be, there will inevitably be disease, old age, bereavement, separation from friends and relations, financial loss, and finally of course death. What is one to do in face of a situation like this? Hindu teachers advise: 'Take them in your stride; do not let them affect you. Behave as if you are only a witness, as if you are watching a football match in which two sides are fighting hard, but you are not in the least concerned about the results, you are there only to enjoy the game." But what about the good things that life offers ? The affection of good friends and relations, wealth, public recognition, health, a high social standing, and so on? Should not one be grateful that one has these good things Should not one feel happy? Hindu teachers say: 'If you allow these good things to affect you, then, the bad things will affect you too. Either you master them or they master you. There is no other option left to you.'

Does it mean then that one is never to seek pleasure, happiness or comfort? The answer is, one may seek them, but seek them knowing all the time that one may never get them. Try for what you think is desirable, but be in readiness at the same time to accept calmly the results. This is philosophy of detachment which the *Gita* preaches. It is a practical philosophy which asks people to face life as a conquering hero, treating good and bad with equal contempt.

This is not defeatism or fatalism, this being one's own master.

—Bulletin of the Ramakrishna Mission Institute of culture.

JIMMY CARTER

James Earl (Jimmy) Carter has been elected the 39th President of the United States.

We have something to be happy about his election. He is a peanut farmer of Georgia.

His success has been analysed in a news paper editorial: "They have chosen a man who has promised to dismantle the Nixonian fortress, to hide nothing from the people, to rebuild the shattered national psyche, to give his country an open and clean administration. He spoke to them as a crusader, as a god fearing, deeply disturbed American, some one who reflected their sense of guilt, and shock as a result of the 'White House horrors', who by implication, would never have pardoned the man responsible for that night mare; a leader who would restore the people's faith in themselves, in the government and in their country."

Out Of This World

The case of one Karl Veit, accused of "spying for an extra-terrestrial power, "is now being examined by Heinz Amberger, senior attorney of the Frankfurt magistrature in West Germany. It appears that as far back as in 1956 Viet founded the German Association for the Investigation of Unidentified Flying Objects, which by now has a whole staff of employees and even its own publishing agency, However, Viet has a rival, one August Worner, who is also "investigating" UFOs. It was Worner who informed against him supposedly for claiming that the "extraterrestrials" had good intentions and want to "help man preserve his wonderful planet." Worner maintains that this is a lie, which Viet is exploiting to camouflage his "treachrous sellout to power-hungry, predatory extraterrestrials."

Just In Case

The Reverned Glenn Polzine of the Presbyterian Church in Arlington Hills, Minnesota, U.S.A., was rightly scared when handed a thick envelope by a stranger with the words: "I was paid to deliver this envelope to you." Having heard so much about letter-bombs, the parson summoned the police. Opening the envelope with every precaution, Robert Lee, head of the bomb squad, found inside a a wad of banknotes with an appended note saying it was an annonymous gift to the Church.

Touch of Love

I Touch your heart always
Without creating any doubt.
My words are ever filled
Without hopes and peace
You have often heard me sa
"I am sweet love"
Still you wonder at me
And you Suspect me
Of my integrity.
When you fall and cry
You'll surely know
How much I've loved you
For I am the sweet love
Ordained by the divine
To touch the hearts that
Pine and brood when
Sorrows afflict them
And guide them to see
The wondrous gift light
Spread by the divine

By Dr. E. GILBERT

GREAT OCTOBER REVOLUTION: 59th ANNIVERSARY—FEATURE

Soviet Peace Initiatives

GENERAL Secretary of the CPSU Central Committee, Leonid Brezhnev said that there is no task of greater importance in the struggle for a lasting peace today than that of ending the arms race, unleashed by imperialist powers, and transition to disarmament.

Speaking at a Plenary Meeting of the CPSU Central Committee Leonid Brezhnev said: "The fact is that the aggressive circles of the capitalist world respond to their defeats in social battles, to the loss of colonial possessions, to ever new and new countries abandoning capitalism, to the successes of world socialism and the growing influence of communist parties in Bourgeois States, by feverishly unfolding military preparations. Military budgets are swelling, new types of armaments are being created, bases are being built, military demonstrations are undertaken. Leaning on this 'position of strength' imperialism hopes to retain the slipping-away possibility of ordering other countries and peoples about. Striving to underpin their policy 'ideologically', so to say, the imperialist inspirers of the arms race stoop to any means, and do not particularly care for elementary logics. When they need new credits for armaments they scare parliamentarians and the public by the superior Soviet power, but when they need to show the electorate their concern for defence, they assure them of the 'absolute military superiority of the West.'

"As far as our defence is concerned, we spend on it exactly as much as is necessary for assuring the Soviet Union's security, for the defence, jointly with the fraternal countries, of the gains of socialism, for the potential aggressors not to be tempted to try and solve in their favour the historical controversy between the two opposite social systems by force. To maintain

(Contd. on page 6)

Economic Programme Of The CPSU

By NIKOLAI BAIBAKOV,
Chairman, Soviet Planning Committee

THE New Soviet Economic Plan provides for a dynamic development of all branches of the economy, for improving the national economic, inter-branch and territorial proportions on the basis of a rapid growth of heavy industry, the foundation of socialist economy.

Also planned is the consistent implementation of the Party's long-term agrarian policy directed at ensuring the reliable supply of the population with foodstuffs and industry with agricultural raw materials, at further drawing together with material, cultural and everyday living conditions of workers in town and countryside.

During the Tenth Five-Year Plan period fuller use will be made of the possibilities of the international socialist division of labour, first of all by implementing the comprehensive programme of socialist economic integration. Economic cooperation with other countries of the world will also be expanded.

The acceleration of scientific and technological progress and intensification of production, the creation of new production capacities will make it possible to ensure high rates of growth of national income and of all branches of the national economy. In the period from 1976 to 1980 national income will grow by 26 per cent. Its absolute increment will amount to 93.5 million roubles a growth rate of nearly 14 billion roubles as compared to the previous Five-Year Plan period. Industrial output will grow by 36 per cent. Gross agricultural output estimated on average annual production will increase by 16 per cent.

The productivity of social labour in the national economy as a whole will grow by 25 per cent. Special attention is given to the mechanisation and automation of production.

The role of qualitative indicators is increased in the present plan. The assortment of output will be renewed and its nomenclature diversified. The output of some 20,000 various products will be started during the five-year period. Provisions are made for measures to increase the influence of the Five Year Plan on the rates of scientific and technological progress. The Plan has a special section that provides for expanding the use of most efficient equipment and technology, for increasing the output of progressive types of products.

International Significance Of Soviet-Indian Friendship

By MANSOOR AHMED

SOVIET Foreign Minister Andrei Gromyko, who headed the Soviet delegation to the 31st session of the United Nations General Assembly, made a brilliant speech at the session recently elaborating the USSR's standpoint and views on many pressing problems of contemporary international relations. He also presented the draft of a world treaty on non-use of force in international relations.

A considerable part of the Soviet Foreign Minister's speech was devoted to Asia. And this brought out the magnitude of Soviet concern for strengthening peace and security in the largest continent of the globe—a continent that had seen devastating regional wars of massive dimensions in the 31 years since the end of the Second World War.

What is exceptionally striking, however, is Mr. Gromyko's mention of "friendly cooperation between the Soviet Union and India" as an "important stabilising factor" in the Asian continent. The Soviet Foreign Minister made it abundantly clear how much the USSR treasures Indo-Soviet relations by noting, at the highest world forum, the international impact of Prime Minister Indira Gandhi's historic visit to the Soviet Union last June—a visit which he said, had once more vividly brought out in bold relief the "mutual understanding and trust" between the two states.

It is just four months since the visit took place. And yet it is still being highlighted, time and again, in the USSR as an event of unusual significance. Indeed, the visit along with Soviet Communist Party General Secretary Leonid Brezhnev's memorable visit to India in 1973, elevated Indo-Soviet friendship to a qualitatively higher level of model relations among states. Nevertheless, the stress on this at the UNO General Assembly by the head of the Soviet delegation had a greater implication. It clearly testified to the fact that the USSR considers (and wants to demonstrate before the wide world) Indo-Soviet friendship as the best example of ever growing relationship between the socialist community and the newly independent states.

All this is bound to have a positive impact on international relations.

Making Indian Ocean A Zone Of Peace

By A. FILIPENKO

DISARMAMENT, regarding which the Soviet Union has taken important initiatives in recent weeks, will be the most important issue to have come up before the 31st session of the UN General Assembly.

Proposals on disarmament made by Soviet Foreign Minister Andrei Gromyko at the General Assembly evoked worldwide interest, because disarmament is a problem affecting the whole world. Some of them, however, are of special interest to some regions. The question of turning the Indian Ocean into a peace zone is one of these.

The problem of peace in Asia has deep political, economic and historical roots that go back to colonial times. Today, the newly independent countries of Asia and Africa, whose shores are washed by the Indian Ocean, are resolutely asserting their sovereignty. They are trying to establish national control over their own resources, and they are seeking just economic relations with developed countries.

The Soviet Union and other socialist countries have been loyal ally of the young independent states. They have unreservedly supported the demand for dismantling Western bases in the Indian Ocean.

More, the Soviet Union has declared, time and again, that "it has never intended, nor does it intend, to bulid military bases in the Indian Ocean."

There are good reasons for the Soviet Union to be concerned over the situation in the Indian Ocean. Almost the only sea route open all year round, linking the European part of the USSR with the Soviet Far East, passed through the Indian Ocean. The safety of that route, as well as of numerous others linking the Soviet Union with the littoral states can be seriously jeopardised by the military preparations on the island bases.

The Soviet Union's memorandum on disarmament, presented to the UN, offers a solution. In resolving the question of dismantling the bases, the Soviet Union, the memorandum says, "prepared to seek out, together with other powers, ways to reduce, on a mutual basis, the military activities of the non-littoral states in the Indian Ocean and directly adjacent regoins."

FUN AND LAUGHTER

RECORD

There was a tremendous crash. Farmer Jones, who was working in one of his cowsheds, rushed out into the farmyard, and in a neaed-rby tree saw a small aeroplane ieged in the topmost branches.

"What do you think you're doing?" he asked the pilot, who had fortunately escaped injury, and was in the act of climbing down the tree.

"I was trying to create a new air record," returned the other sadly.

"And you've succeeded," exclaimed the farmer. "You're about the first chap who has climbed down a tree without first climbing up."

* * *

WRONG MAN

A negro woman who had lost her husband was attending his funeral

Rastus had rarely followed the strait and narrow path, but the parson conducting the service could do nothing but enumerate the deceased's virtues, the majority of which the Negro woman had never heard of. She listened for some time, but at last could not stand it any longer and burst out: "Parson I think you're burying the wrong man."

* * *

HIS JOB

Official—"No, I can't find a job. I have so many people here after jobs that I can't even remember their names"

Applicant—"Couldn't you give me the job of keeping a record of them?"

FOUND OUT

She dispatched the following telegram to five of her husband's best friends: "Jack hasn't come home. Am worried. Is he spending the night with you?"

Soon after this her husband arrived home and explained the cause of his delay. While he was talking a boy brought in five answers to her telegrams, all worded:—

"Yes, Jack is spending the night with me."

* * *

NOT YET!

Dentist's Daughter: "Well, dear, have you asked father for my hand yet?"

Shy Suitor: "No. Every time I step into his office I lose courage. Today I allowed him to pull another tooth."

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THE SECRET

Prompted by curiosity a farmer had grown a crop of flax and had a table cloth made of linen. Some time later he remarked to a visitor at dinner, "I grew this table cloth myself."

"Did you really?" she exclaimed. "How did you manage it?"

It was obvious the guest had no idea of how table cloth came into being, so the farmer lowered his voice and in a whisper replied, "If you promise not to give the secret away, I'll tell you—I planted a table napkin!"

* * *

DEVICE

Two diplomats, a Frenchman and an American, dropped into one of London's most popular French restaurants, and the chef told them his trouble in trying to get the British Customs to release a shipment of Burgundian snails for his establishment.

"Why don't you declare them as horned animals?" the French diplomat suggested.

The American, even better versed in Customs proceedings, said: "Maybe they could go as prefabricated housing; then you wouldn't have to wait for a foot-and-mouth inspection."

* * *

HIS RULE

Mark Twain once asked a neighbour if he could borrow one of his books.

"Why, yes, Mr. Clemens, of course. But I must ask you to read it here as I make it a rule never to let any book go out of my library."

A few days later the same neighbour wished to borrow Twain's lawn mower.

"Of course," replied the humorist, "but I must ask you to use it here as you know I make it a rule...'"

The neighbour was nowhere to be seen!

* * *

BUTTING IN

The philanthropic woman was visiting a school.

To test the brightness of a group of rather dull pupils, she asked:—

"Children, which is the greatest of all virtues? Think a little; what am I doing when I give up time and pleasure to come and talk to you for your own good?"

A grimy fist went up.

"Well, what am I doing?"

"Please, ma'am, buttin' in!"

* * *

CONNECTED STORY

"Can you make anything out of the news from Europe?"

"Easiest thing in the world. I only read the newspapers every other day. In this way I get a connected story of one side or the other and avoid the denials."

MORE NEWS

The motorist adopted pleading tactics

"I wish you'd overlook it this time, constable," he said. "As a matter of fact. I was hurrying to town on very important business."

"Fraid I con't help that," said the policeman.

"I never drive fast as a rule But I've got to get to town quickly to see my solicitor—"

"Well," said the policeman, "you'll have a bit more news for him now."

* * *

WHY HE LEFT

An Irishman was holding forth on the virtues of his native Tipperary.

"There is no place in the world like it," he said. "You can buy a sheep for eighteenpence."

"Then why did you leave it?" asked his companion.

"Because I hadn't eighteenpence."

* * *

WRONG GUY

"Why didn't you shave this morning?"

"I thought I did but there were twelve of us using the same mirror and I must have shaved some other guy."

SMAR T WORK!

A man who was wanted by the police had been photographed in six different positions and the pictures were circulated among the police.

The chief in a small town wrote headquarters a few days later, saying:

"I duly received the pictures of the six miscreants whose capture is desired. I have arrested five of them; the sixth is under observation and will be taken soon."

* * *

RETORT

Two Americans had just laid a wreath of flowers on a comrade's grave, and while crossing another section of the cemetery they saw a Chinese lay some rice on the grave of countryman.

One of the Americans asked "When do you expect your friend to come and eat the rice?"

"When your friend comes to smell the flowers," was the reply.

* * *

LITTLE ODDS

"Fancy a girl wearing a flimsy frock like that with this cold wind blowing!" exclaimed absolutely gambling with life and death."

"Well, dear," remarked her husband with a grim," you can't say she's a heavy gambiere she's a grim-looking woman. She's only got a little bit on!"

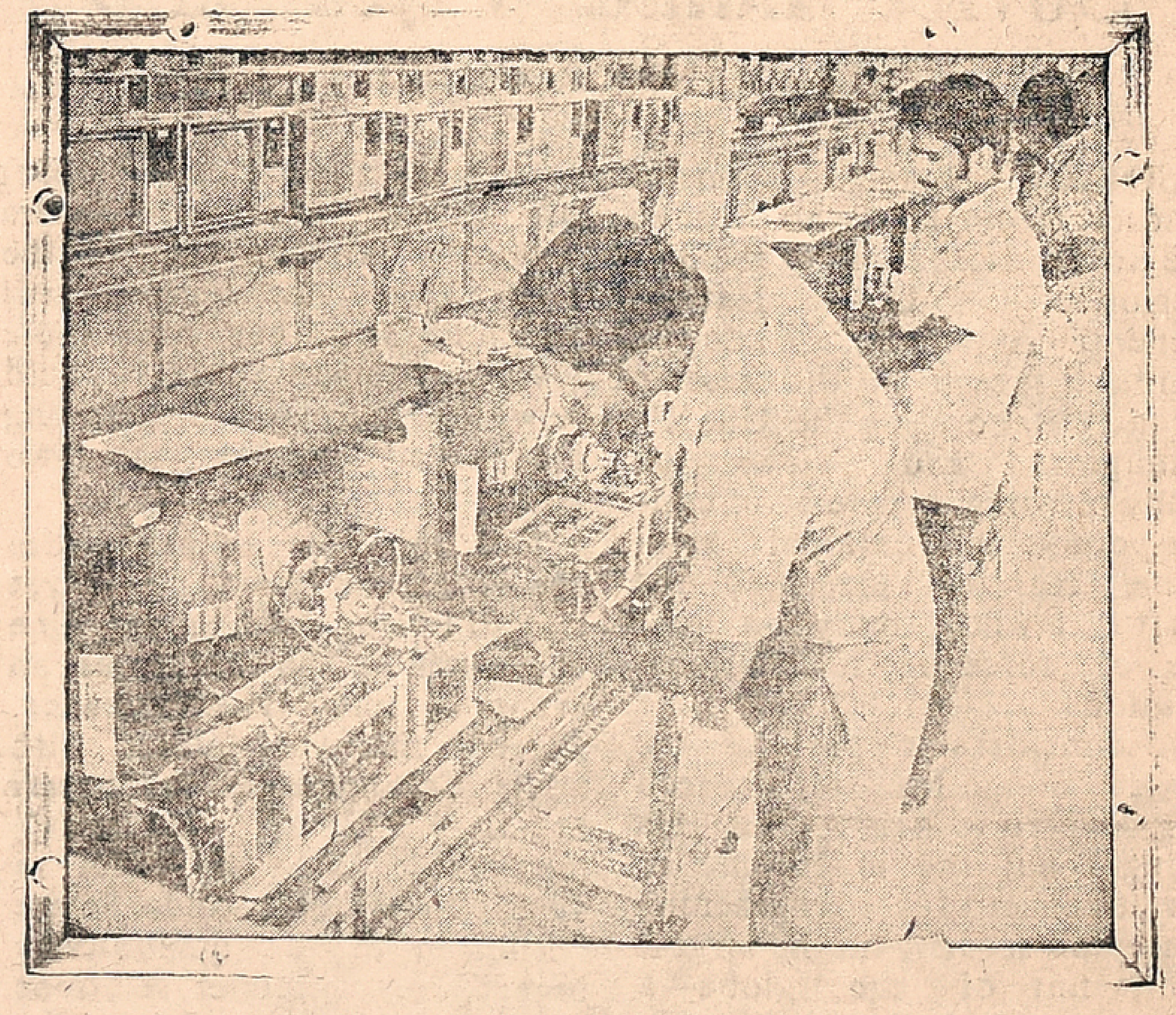
* * *

CHEAPER

"Yes, my boy friend takes me to the museum every Saturday."

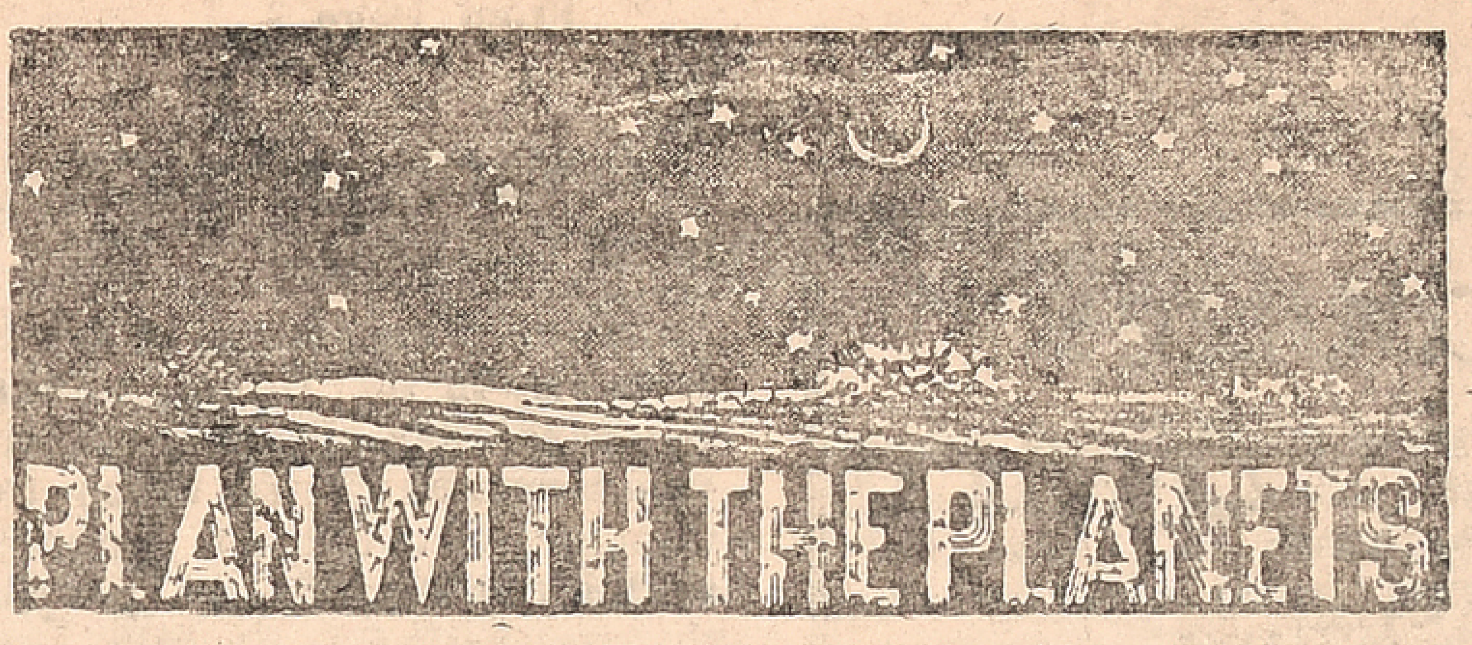
"Really! What is he studying?"

"Economy."



The country has acquired a good deal of sophistication in industrial products. Light engineering goods and sophisticated machines are now being manufactured within the country.

In the sphere of electronics too, the country has made a mark. The industry is growing fast at an average annual rate of twenty per cent. Significant progress has been made in the fields of consumer electronics, mass communication radars and navigation systems, computers and medical electronic equipment. Several types of transmitting tubes are being manufactured by Bharat Eletronics Ltd., a public sector undertaking. Photo shows TV sets being tested at the Electronics Corporation of India Ltd., Hyderabad.



For The Week 7th November To 13th November 1976

MESHA (ARIES)
Aswini Bharani
Krittika 1/4

FAVOURABLE period to implement your plans. You should try to develop new business by the end of this week. However you may have to face competition from your rivals. If you are patient you will be able to overcome opposition within a months time. Matters relating to children could be settled. Financial position will improve. Property matters should be handled properly to avoid legal complications later. Favourable days : 9th & 10th.

★

VRISHABA (TAURUS)
Krittika 3/4 Rohini
Mrigashirsha 1/2

MIXED results are indicated. You should wait for some more time to implement your plans. You should be more cautions in handling all important problems including legal matters. You should also be cautious in dealing with strangers. Financial position will start improving. But you should avoid speculative investments. Avoid travelling unless necessary. You should also be prepared for unexpected developments regarding one of your family members. Favourable days: 11th & 12th.

★

MITHUNA (GEMINI)
Mrigashirsha 1/2 Arudra
Punarvasu 3/4

MILDLY favourable period. Business prospects will improve. Try to make best use of this opportunity to develop new business contacts. Partnership matters also could be finalised favourably. But avoid speculative investments. Matters relating to children could be finalised. You can expect cooperation from family members. Favourable days: 9th & 10th.

★

KATAKA (CANCER)
Punarvasu 1/4 Pushya
Ashlesha

YOU are passing through a favourable period. You should try to make best use of this opportunity to improve your business prospects. Partnership matters could be finalised. You may have to undertake a journey shortly. Property matters coul be settleed favourably, but you should consult legal experts before finalising any deal. Avoid friction with associates and family members. Favourable days: 7th & 8th.

SIMHA (LEO)
Maka Purva Palguni
Uttara Palguni 1/4

YOU will get much relief by the end of third week. You can also expect some improvements in your business prospects. You should try to make best use of this opporuntiy, to reorganise your business set up. Financial position will improve. But avoid speculative investments. Family problems will continue to give trouble. You should avoid friction with your associates and family members. Favourable days: 9th & 10th.

★

KANYA (VIRGO)
Uttara Palguni 3/4 Hasthа
Chitra 1/2

YOU will get much relief after a couple of days from your domestic problems. Financial positions will improve. But you should avoid speculative investments. Matters also could be settled. You may be shifting your residence in the near future. You may have some trouble due to transport and communication. Favourable days: 11th & 12th.

★

THULA (LIBRA)
Chitra 1/2 Swathi
Visakha 3/4

FAVOURABLE period to finalise new business ventures. Your business associates will be cooperative. You should try to utilise this opportunity to get the support of business associates to implement your plans. You can also improve your financial position considerably. Family members will be cooperative. You may be undertaking a journey shortly. You should be prepared for unexpected developements on 7th & 8th.

★

VRISCHIKA (SCORPIO)
Vishakha 1/4 Anuradha
Jyeshtha

YOU should try to finalise partnership matters as early as possible. Favourable period to implement your plans regading business matters. You should try to build up goodwill with your business associates which will be useful in the near future. Financial position will improve. But avoid speculative investments. You will be able to overcome opposition and rivalry. But ahoid friction with associates and family members. Avoid impulsive actions on 9th & 10th.

★

DHANUS (SAGITTARIUS)
Mula Purva Ashadha
Uttara Ashadha 1/4

YOU will be able to reap the benefits for the efforts you were making during the last six months. You should try to make best use of this opportunity to solve your long standing problem. You can expect help from family members. Matters relating to children could be finalised. Financial position will improve. Speculative gains are also indicated. A short journey at the end of the week is indicated. Favourable days: 7th & 8th.

★

MAKARA (CAPRICORNUS)
Uttara Ashadha 3/4
Shravana Dhanistha 1/2

MIXED results are indicated. Family members will be cooperative. Partnership matters could be finalised. If you are planning to start new business ventures, you should start making all attempts. You can expect favourable results for your efforts in the near future. Avoid friction with associates and family members. Financial position will improve. Health will give some minor trouble. Avoid journeys. unless necessary. Favourable days: 9th & 10th.

★

KUMBHA (AQUARIUS)
Dhanishta 1/2 Sathabhishag
Purva Badrapada 3/4

MIXED results are indicated. Matters relating to business associates should be handled properly to avoid complications. Be patient and have faith in future. You should not come to any hasty conclusions in solving the problems. You can expect quick results for the efforts you are making. You should be prepared for long drawn plans and programmes. Financial position will improve. But avoid speculative investments. Favourable days: 11th & 12th.

★

GLOSSARY

Arudra	—திருவாதிரை
Pushya	—பூசம்
Ashlesha	—ஆயில்யம்
Purva Phalguni	—பூரம்
Uttara Phalguni	—உத்திரம்
Anuradha	—அனுஷம்
Jyeshtha	—கேட்டை
Purva Ashada	—பூராடம்
Uttara Ashada	—உத்திராடம்
Shravana	—திருவோணம்
Dhanistha	—அவிட்டம்
Satha Bhishag	—சதயம்
Purva Bhadra-pada	—பூரட்டாதி
Uttara Bhadra-pada	—உத்திரட்டாதி

MEENA (PISCES)
Purva Badrapada 1/4
Uttara Badrapada Revati

YOU will be able to reap the benefits for the efforts you were making during the last three months. You should try to make best use of this opportunity to implement your plans. You can expect cooperation from family members. Matters relating to children could be fainalised favourably. Financial position will improve. But avoid speculative investments. Avoid arguments with associates. And also avoid journeys unless necessary. Favourable days: 7th & 8th.

Injection Without A Needle

The Tubular Needle crowning a medical syringe arouses far from pleasant associations in most of us. When we writhe with pain during a shot, we don't suspect, however, that the medical people themselves have a low opinion of the needle. The danger of infection transfer from one patient to another makes it necessary to disinfect the needles carefully. The specialists of the Moscow Clinical and Experimental Surgery Research Institute storve to take into account the complaints of both patients and doctors. The principle underlying the method is simple : the medicine is squirted, in a thin jet through the nozzle of the injector device under high pressure and pricks the skin in a required place. As the orifice of the nozzle is 20 to 25 times less than the needle diameter, the probability of the jet hitting nerve endings is much less. But the main advantage of the new device is its high speed : for example, the Pohelka portable needleless injector can administer 600 to 700 injections an hour.

Muscovite's Diary

Ivan Ivanov

BREZHNEV ON INDIA

The high regard in which L.I. Brezhnev, General Secretary of the CPSU Central Committee is holding India is well known and he has given open expression to it on several occasions. The latest instance is his warm references to India in his speech at the meeting of the General Committee of the Soviet Communist Party last week. "Friendship with that great and peace-loving Asian power is strengthening and deepening", he said. He made it clear that Soviet—Indian cooperation is expanding to the immense benefit not only of both the countries but also of universal peace.

Brezhnev also referred to some of the pressing international problems and said, 'active steps are being taken by the Soviet side in support of the just demands by the developing countries of Asia, Africa and Latin America for restructuring of international economic relations on the basis of equality.

Mr. Brezhnev also highlighted the economic progress made by the USSR during 1976, the first year of the Tenth Five-Year Plan in which the industrial output increased by 4,8 per cent and more than 216 million tons of grains have already been threshed. He declared that the absolute increments of the key industries of national economic development during the Tenth Five-Year Plan period will be the greatest in the entire history of the USSR.

Another important point touched upon by L. I. Brezhnev was the defence expenditure of the Soviet Union. "The Soviet Union spends on defence only as much as is necessary for assuring the country's security. But at the same time the Soviet Union would continue to work tirelessly to implement the decisions of the 25th Congress of the CPSU which will not only contribute to the happiness of the Soviet people but also to the peace and progress of all mankind.

* * *

A "SPACE-GROVE"

Spurce, larch, cedar and fir grown from seeds taken aboard the Soyuz and Apollo spaceships during their historic link-up last summer are to be planted at Baikonur and in Cosmonauts' Avenue, Moscow.

After the flight the seeds were sent to the Soviet and American Academies of Science, where they germinated and now have shoots nearly on inch long.

Spruce seedlings which have been in outer space are also being planted in the Siberian village of Listvyanka, where cosmonaut Alexei Leonov was born.

A grove is being planted there to commemorate the first joint Soviet-American space flight.

This will cover about 240 acres. The size is no accident for in metric terms it equals 97 hectares. And 97 is the number of times Soyuz 19 orbited the Earth.

* * *

THE ENGINEER PSYCHOLOGIST

Lydia Shvidskaya is a qualified engineer and comes of a long line of iron and steel workers.

But today her concern is something more complicated than steel techonology.

She is head of the personnel department in the big iron and steel works at Dnepropetrovsk, in the Ukraine.

One of this firm's besetting problems in the past has been manpower fluctuation, and it is Lydia's job to discover why workers leave or want to leave.

As often as not it is something her department can deal with: a worker can't get a home near enough to the works, has difficulty in finding a nursery or kindergarten for the children, is dissatisfied with the opportunities provided for sport or recreation, or dislikes something about working conditions.

Lydia Shvidskaya's efforts have resulted, in recent years, in the firm's building ten kindergartens and nurseries, organising specialist treatment at the works health centre, and building two holiday centres, one in the Crimea and the other in the Caucasus.

She draws up questionaires to discover causes of dissatisfaction and organises lectures on industrial psychology.

And she has compiled helpful manuals for the use of managers, shop stewards and foremen.

As a result, the number of workers leaving for other jobs has dropped by 41 per cent in four years.

The "fluctuation level" at Dnepropetrovsk is now the lowest in the whole Soviet iron and steel industry.

From Page 3

Soviet Peace Initiatives

country's armed forces at a high level also in the future, so that Soviet soldiers always have the up-to-date weaponry which the imperialists could not ignore—such is our duty to the people, that we shall sacredly fulfil!

"As the same time, we have no greater desire than to switch the assets, of necessity diverted today from the national economy towards raising the people's living standards, towards creative purposes. We are prepared even tomorrow to start disarmament measures—either big and radical, or, for a start only partial—on a truly fair, reciprocal basis. We shall not be found wanting!

'Many years ago, V.I. Lenin spoke of disarmament as the ideal of socialism. At that time no real prerequisites existed yet for stopping the growth of militarism, for averting the threat of a world war. Today the situation is different. The forces of socialism and peace exert such an influence that advance towards solving this task, cardinal to all mankind, even though gradually and on individual sectors, is entering the plane of the possible. Moreover, there is a gradually growing realization among the ruling quarters of capitalist states that nuclear age to stake on unleashing a new world holocaust is as futile as it is perilous and criminal.

"In recent years, the joint efforts of peace-loving forces, with the most active contribution of our country, succeded in attaining substantial results in the matter of reducing the threat of a new, nuclear war, Concrete, binding international treaties and agreements have been concluded on such questions as ending a considerable part of nuclear weapons tests, taking measures against their further dissemination in the world, on their non-deployment in space, on the ocean floor, on limiting strategic armaments by the Soviet Union and the United States, on prohibiting and eliminating bacteriological weopons. These are not bad results at all. They refute the laments of the sceptics who renounce the struggle for disarmament as hopeless. But has been achieved, needs consolidation and further development in order to effectively put an end to the new arms race.

"You remember, Comrades, how sharply and as a matter of principle the question of disarmament was posed at our party's 25th Congress. Following the congress, the Political Bureau repeatedly discussed ways of giving a new impetus to the struggle for this most important matter. It was decided among other things, to come forth with a number of concrete proposals at the next session of UN General Assembly. Here I only wish to stress that the non-use of force in our draft covers inter-state relation without infringing the peoples inalienable right to struggle for their social and national emancipation. We strictly distinguish between these two spheres.

"The USSR also submitted for the deliberation of the UN an extensive complex document—a memorandum containing a broad all-round programme of disarmament measures most topical at this time.

"In short, our country has again come out before the world with a concrete programme of disarmament. In order to make this programme as realistic as possible substantial new elements have been included in it. The views of many states on a number of questions have been taken into account, certainly without prejudice to the interests of security.

"we are taking also a flexible position in the sense that we are prepared to tackle the implementation of either all the measures stipulated under the programme, or, for a start, only some of them, moving from one step to another.

"Disarmament must become the common cause of all states without exception. This purpose is served by our proposals for convening a world disarmament conference or at first, as a step in this direction, for calling a special session of the UN General Assembly.

"The Soviet Union's new initiatives in the UN met with the understanding and support of many states and broad peace loving public. This gladdens us. It inspires new efforts in the name of a lasting peace on earth!

"I want to specially emphasize that the Soviet Union continues to hold that the attainment of success at the Vienna negotiations on reducing armed forces and armaments in Central Europe as one of the most important tasks. We proposed there concrete solutions that would lead to a reduction of the military forces confronting each other in Europe without damage to any of the sides.

"we are prepared to discuss counter proposals based on the same principles. We are prepared for further joint constructive search (but precisely constructive honest, not aimed at unilateral advantages) for negotiations with our partners at any level including the very highest.

"If one is to mention the main thing that we succeeded to attain in international affairs, one can say with a clear conscience. As a result of the efforts undertaken together with the other socialist states and with the support of all peaceloving realistically minded forces it became possible to push further away the threat of nuclear war, to make peace more reliable, strong."

From page 1

Family Health And Population Change

answers seem to lie in the overall effect of many inter-related causes. Since 1650 various revolutions–agricultural, industrial, technological, medical and, of course, political–have swept the globe."

Dr Gunaratne pointed out that following the Industrial Revolution, the death rate began to decline slowly in the new developed countries. It is estimated that death rates in these countries dropped from twenty-eight per thousand in 1859 to nine per thousand in 1970. Much of this decline in mortality reflected a reduction in infant deaths. Along with the gradual decline in the death rate there was, of course, a steady increase in the population. This has not, however, been so potentially catastrophic as is the situation in the developing world today because it was followed by a gradual decline in fertility. As a result, the population growth rates of most developed countries today have slowed down.

In the developing countries, on the other hand, the situation has been different. As late as World War II, death rates in some countries of the developing world were estimated to be as high as thirty per thousand. After the War, however, the decline in mortality accelerated. In general, the death rate in the developing countries dropped from the estimated levels of twenty-eight per thousand in the 1940s to about seventeen per thousand in the decade of the sixties. The sharp decrease in general mortality (infant mortality remaining very high) has, however, occurred without a corresponding decline in fertility, thus causing a rapid population growth. For example, in Bangladesh the rate of population growth is about 3 per cent, in Thailand 2.9 per cent, and in India 2.1 per cent.

STRATEGY FOR ACTION

A strategy for action to meet this tremendous challenge of a population explosion with all its implications is, therefore, urgently needed. There are three basic reasons for introducing measures to regulate human fertility, namely, health, human rights and socio-economic development.

These three objectives are not mutually exclusive, and in most countries the reasons for undertaking a family planning programme are determined by a combination of all of them. In some countries of this region the demographic pressure is so great, however, that the primary objective of family planning is population control, and consequently the methods used have to be very extensively applied. In other countries, such as Nepal and Sri Lanka, the emphasis of the programme is mainly on health. In still others, like Mongolia, the population policy is quite different, namely, to increase population.

IDEAL OF FAMILY HEALTH

Family health as a discipline is relatively new in the health field. It is perhaps artificial to divide health into various components, but there is no doubt that "family health" is one part if not the most important part of health, and *Who* lays great stress on the promotion of family health.

A new stage has been reached with the implementation of family planning programmes, particularly where these are intended to protect the health of the mother and child by judicious spacing of births and where these involve the father of the family-since the father's co-operation is crucial in this field. At the same time, advances in social conscience have gradually replaced the idea of protection by the far more dynamic approach of health promotion through education. It has become clear that health education can induce families to assume increasing responsibility for their own health and even for that of the community where they live. This is how the concept of family health was born which in operational terms is the fusing together of maternal and child care, nutrition, immunization, health education and family planning.

HEALTH AND FAMILY SIZE

Child growth and development has been found to be associated with family size. A study of pre school malnutrition in Colombia showed a significantly higher prevalence of growth retardation among children from families with five or more living children than a matched group of families with four or fewer children. Coming closer to home, studies in Thailand by Wray, and by Gopalan in India, have shown that children admitted to hospital with malnutrition come predominately from large families.

As regards maternal mortality, it has been observed that, while mortality is slightly less with the second and third pregnancies than with the first, it rises with each pregnancy beyond the third, and increases significantly with each pregnancy beyond the fifth.

It has been suggested that if the number of pregnancies were limited to three or less, the incidence of severe or moderate anaemia might be reduced by as much as two thirds. The incidence might be further reduced by better spacing of pregnancies.

Another serious health hazard in many parts of the world, results from clandestine abortions of unwanted pregnancies, particularly those performed by unqualified persons. Family planning can therefore help the mother to prevent unwanted pregnancies which might result in illegal terminations.

INTEGRATED APPROACH

Family planning is a health need for the family. Many factors will, however, affect decisions to seek and effectively to continue practising family planning. For example, in countries of this region, where infant and childhood mortality is still high, parents find it difficult to alter their high fertility patterns. Increasing recognition is now being given by Member countries to the fact that a reduction in infant and child mortality and morbidity rates is absolutely necessary for improving the quality of life of the people. In fact, where infant and childhood mortality is high, isolated family planning programmes are unlikely to convince unresponsive and resistant couples, and it is difficult to sustain their initial impact. A family planning programme, needs sustained action.

It is also essential to attain increased coverage of the underserved populations in the rural and semi-urban areas with these integrated health services. I am glad that *Who*, in close partnership with other United Nations and bilateral agencies, is able to provide assistance in expanding the maternal and child health-based family planning to the rural areas that are at present poorly served.

In conclusion, a few words about research needs. It is obvious that a whole spectrum of research activities is required to provide guidance in the development of family health services which will provide some level of basic but adequate care for the total population and which will be acceptable to and utilized by the people.

Recognizing this, WHO has developed a programme of research related to various aspects of family health, including fertility control methods, abortion care problems, sterilization methods, health and family formation, and operational research on the development of services. Several institutions and eminent scientists from countries of this region are actively involved in this expanded programme of research.

FLOORED

Critic—'Ah! And what is this? It is superb! What soul! What expression!"

Artist—' Yes? That's where I clean the paint off my brushes."

The Pill: Twenty Years Later

It has been twenty years since the contraceptive pill was perfected. Today 30 million women around the world are using it. Thirty million women and still no one knows exactly how it works or exactly how safe it is.

Although almost constant testing is being done, scientists seem to be able to agree on only one risk: for women over 40, taking the pills is more hazardous than having a child.

But potential risks foy younger women are continually cropping up. One study has linked oral contraceptives containing mestranol with liver tumors in a very small percentage of women.

There is also the possibility of blood clots forming in the deep veins of the leg, blood clots which clould travel to the lungs with perhaps fatal results. But deaths from this deep-vein thrombosis are estimated at only 13 women in a million—far less than deaths from child-birth. A few women may also run the risk of coronary thrombosis, stroke or high blood pressure.

Some types of estrogen and progestogen have been found to cause cancer in animals, But this does not necessarily mean they will cause cancer in humans. At present, the consensus is that there is no proven relationship between the two; however, three major drug companies in the United States have stopped marketing sequential oral contraceptives because there is some evidence that they increase the risk of concer in the lining of the uterus.

On balance, the pill's benefits far out-weigh its risks: the pill is effective, easy to take and has freed millions of women from the burden of unwanted births. To be on the safe side, pill users should have their blood pressure monitored during the first year or so, limit the length of time thek stay on the pill, and switch to some after the age of 36, some doctors say.

Rehearsing

Wishing to be sent off in grand style, Jim Gernhart, a 99-year-old Burlington, U.S.A., farmer, has been rehearsing his furneral almost annually for well-nigh a quarter-century now. Burlington's mayor says "his funeral is the biggest thing that happens here." The nonagenarian plans to rehearse it the twenty-first time on his 100th birthday.

Algae Used As Cleaners

Moscow: Use of algae to purify sewage has been so successful that a major expansion of the facility is being planned for the next ten years.

Much of the water so purified will be used for irrgation, leading to an additional supply of some twenty million tons of animal feeding stuff.

(Top): Newface, Bindya Kausami who acts as the heroine in AVM's Hindi film "Jeevan Jothi".
(Bottom): Sarada and Muthuraman in the film "Aval Thantha Uravu".

Soviet Bellet Performance

"The traditional friendship between Soviet Union and India is a rare record of understanding and accommodation in international history. India can never forget the support extended to her by the people of the Soviet Union during the days of our freedom struggle" noted Mr. Mohanlal Sukhadia, Governor of Tamilnadu, presiding over the premier performance of the Soviet Ballet Troupe in the University Centenary Auditorium, at Madras, last week.

Referring to the cultural exchange programme between the two countries he said that cultural programmes like this are bound to strengthen the bonds of friendship between India and the Soviet Union.

Mr. Justice P. R. Gokulakrishnan, President of the Tamilnadu Eyal Isai Nataka Mandram, welcoming the gathering at the outset said that the Soviet Union has made great advances in the field of culture, not to speak of its achievements in economic and scientific fields.

Mr. S. D. Sundaram, Secretary proposed a vote of thanks.

The Soviet Ballet group's two-hour programme for the evening included excerpts from famous ballet classics like the Sleeping Beauty", "The Swan Lake", "Don Quixote" as well as other interesting items like the duet of Adam and Eve from the ballet "creation", the "cranes". "The Nightingale" "Melody" etc. Leading dancers like Marina Kondratyeva of the world-famous Bolshoi Theatre of Moscow who is also an international prize winner, Valentina Sobotseva, soloist of the Stanislavsky and Nemirovich Danchenko Academic Musical Theatre of Moscow, Victor Sarkisyan, Vladimir Tikhonov and others participated.

The packed audience received each item with enthusiastic applause.

Betting Odds

British bookmakers make money out of all sorts of things horse racing, football matches, elections. Taking advantage of the unprecedented drought suffered by the country the William Hill bookmaking firm offered odds of 10 to 1 against anyone naming the day on which at least 0.1 of a millimetre of rain falls on the roof of the London Weather Centre. That is the smallest amount that the rain gauge will record. Rumour has it that there were not too many wishing to risk betting against Nature.

No Buyers

A sad lot befell the "world's biggest birthday cake" baked in Baltimore for the U.S. bicentennial. The attempts made by the organizers of the celebrations to make good part of the expenses by selling the almost twenty-ton culinary monster at $2 a slice suffered a fiasco: there were 18,000 unsold slices lying in cold storage and more than 30,000 in an unrefrigerated warehouse. On top of it all, the city is to be billed $65,000 by Harry Herman for baking the cake.

Too Costly

Plans are being studied in Washington to issue new coins and bills. It is intended, for instance, to replace the penny by a two-cent piece. Explaining the reason for the planned reform, a United States Mint official is reported to have said that because of the inflation the value of the copper in the pennny is greater than the coin's face value.

Modern Art

The Tate Gallery in London has bought for £500 a new work of art bearing the name "Starlit Waters". It is a two-metre fishing boat sign covered with an orange fishing net. The sign, it is said, was made by Ian Hamilton Finlay, the Scottish "concrete poet" who translates poems into concrete form. Some time ago the gallery had displayed a pile of bricks as a "work of modern art". Replying to protests against the waste of public money, the gallery said the impressionists had long been "reviled" too.

Nothing To Write About?

The hero of a new Broadway musical is Colonel Sanders who invented Kentucky Fried Chicken. The story is built around his admission that he is disappointed in his own recipe. Commenting on the appearance of such a mediocre play, the London "Times" writes that American authors are running out of things to write about. There are apparently no really interesting and thrilling occurrences. Or may be play-wrights just don't want to look around?

Suitable Site

To the joy of lovers of ancient monuments, the British Department of the Environment scheduled the Wallingford Castle as such. Less than six months later, however it agreed to demolish the earthworks and the other bailey to build a retirement home for architects.

K. R. Vijaya and Vijayabala in Mathura Film's "Akka".

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